

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2013

Lemon Yogurt Fruit Dip

Fruit Salsa

PB and J Banana Dog

Peach and Yogurt Salad or Pie

Strawberry Smoothie

Lemon Yogurt Fruit Dip

1½ teaspoons sugar-free lemonade flavored drink mix
4 ounces reduced fat (⅓ less fat) cream cheese
16 ounces fat-free vanilla yogurt

1. Mix all ingredients in a medium bowl until well blended.
2. Serve as a dip with assorted fresh fruit such as strawberries, apples, bananas, oranges, kiwi, cantaloupe and honeydew melon.

Nutrition Note: This recipe makes 16 servings. Each serving has 40 calories, 1.5 grams of fat and 4 grams of carbohydrates.



Tips for Raising Healthy Eaters

Focus on the meal and each other. Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes and your willingness to try new foods.

World Breastfeeding Week
August 1-7, 2013



Breastfeeding:

Why breastfeed?

"I chose to breastfeed my baby because it is healthier for the baby. Studies have shown that breastfed babies are smarter too. After I started, I kept breastfeeding for the closeness."

~ Amanda from Turtle Mountain WIC



For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Fruit Salsa

1 cup diced strawberries
1 diced banana
1 peeled and diced kiwi
1 diced apple
2 tablespoons lemon juice
¼ cup white sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon



1. Combine fruits in a medium-sized bowl. Add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving. Serve with graham crackers, cinnamon chips, etc.

Nutrition Note: This recipe makes 4 servings. Each serving has 120 calories, 0 grams of fat and 31 grams of carbohydrates.

PB and J Banana Dog

- 2 teaspoons peanut butter
- 1 whole wheat hot dog bun
- 1 ripe banana, peeled and sliced
- 1 teaspoon seedless strawberry jam or jelly

1. Spread the peanut butter on the hot dog bun.
2. Place sliced banana on top of peanut butter.
3. Spread strawberry jam or jelly on top of the banana.
4. Cut dog in half and serve.

Source: <http://www.chop.edu/service/healthy-weight-program/cookbook-of-healthy-recipes.html>

Nutrition Note: This recipe makes 2 servings. Each serving has 150 calories, 4 grams of fat, and 28 grams of carbohydrates.

Peach Yogurt Salad or Pie

- 1 can (15 ounces) sliced peaches canned in fruit juice, drained
 - 1 container (6 ounces) fat-free fruit-flavored yogurt
 - 1 container (8 ounces) light whipped topping
- For Pie – 1 graham cracker pie crust

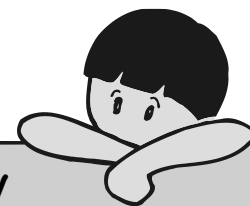
Salad

1. In a large bowl, combine the drained fruit and the yogurt.
2. Fold in the whipped topping.
3. Cool in the refrigerator for 20 minutes before serving.

Pie

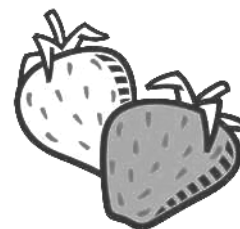
1. In a large bowl, combine the drained fruit and the yogurt.
2. Fold in the whipped topping.
3. Spoon into the graham cracker crust.
4. Freeze until firm, about two hours.
5. Remove from freezer and place in the refrigerator for 30 minutes before serving.

Nutrition Note: This recipe makes 8 servings. Each serving of salad has 120 calories, 4 grams of fat and 19 grams of carbohydrates. Each serving of pie has 230 calories, 10 grams of fat and 32 grams of carbohydrates.



Turn Off the TV

Visit a farmer's market. Walk and talk about the foods. Buy something to prepare and eat at home.



Strawberry Smoothie

- 2 cups strawberries
- ½ cup skim or 1% milk
- 1 cup sliced peaches
- 1 cup fat-free plain yogurt
- 2 cups ice

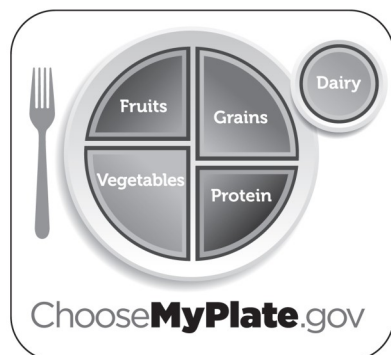
1. Place all ingredients into a blender.
2. Blend until smooth.

Nutrition Note: This recipe makes 8 servings. Each serving has 35 calories, 0 grams of fat and 8 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants & Children ND Department of Health - Division of Nutrition & Physical Activity 600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200 800.472.2286, option 1

GROWING HAPPY FAMILIES



Fruits are quick and easy.

Fresh, frozen or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served to no more than 4 ounces per day.